

2-Step Chicken

Makes: 4 Servings

The ultimate in simplicity, this recipe calls for chicken and cream of chicken soup.

Ingredients

- 1 tablespoon** vegetable oil
- 2** Boneless chicken breasts
- 1 can** cream of chicken soup (10 ounces)
- 1/2 cup** water

Directions



1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for ten minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

Notes

To lower sodium content, use reduced sodium cream of chicken soup.

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

Nutrients	Amount
Calories	262
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	90 mg
Sodium	574 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	33 g
Vitamin D	0 IU
Calcium	26 mg
Iron	2 mg
Potassium	292 mg
N/A - data is not available	
MyPlate Food Groups	
 Grains	1/2 ounce
 Protein Foods	3 1/2 ounces

